The Lions' Pride

THE LIONS' PRIDE MEDIA GROUP

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Tech Changes in the Community Pt. 6

Ad Astra- Making Event Planning Easier

By Keva Lockhart
Staff Writer

Planning an event requires much effort and great planning tactics. When planning an event, one of the most important factors is securing the venue, where the event to take place.

Here in Leo Land, there are almost always rooms available for meetings, but what happens when rooms are unavailable or locked?

Ad Astra is a remarkable program that is promised to ensure that room reservations for events and meetings are set up to fit your schedule for the event. The main purpose of Ad Astra is to enable visibility into three components, which are the events scheduled by Saint Leo University, academics and resources in just one calendaring tool. Considering the fact that Saint Leo is known for meetings and events, Ad Astra aims to allocate the space usage of events and classes simultaneously.

According to Karen Hartfield, Registrar of Saint Leo University, the events component of Ad Astra was recently added in December

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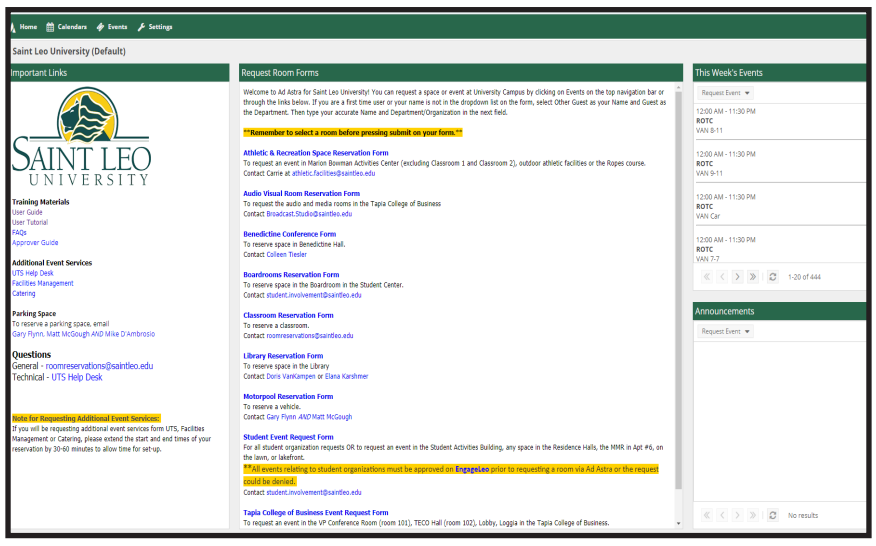
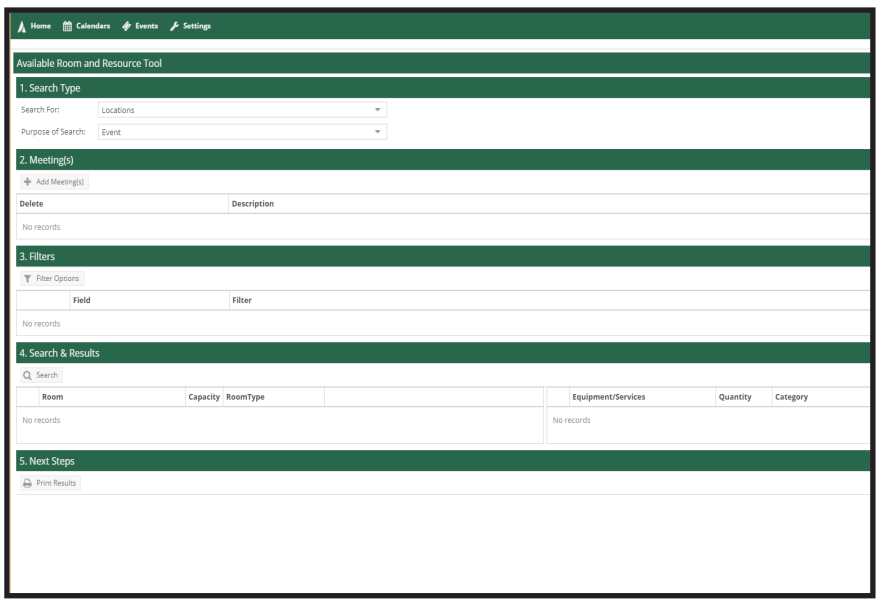


The AD Astra program can be accessed through Okta single sign-on. Users will have the same login account as their Saint Leo sign-in through Okta.



According to Karen Hartfield, if a room seems to be available, one should use the Ad Astra program to reserve a secured room on campus for the approved event.

Photos by: Keva Lockhart

Inspiring Tomorrow's Leaders, Today

By Phillip Waitkevich
Contributing Writer

Last Saturday, Feb. 23, the Student Government Union hosted its semesterly Leadership Conference to inspire and improve Saint Leo's future leaders. Some of the speakers at the conference were Sahil Punamia, Rasheed Ali Cromwell, Brittany Greene, Edson O'Neale, Kristina Niccolls, Michael Cadore and Julia Owens. Here are some summaries of some of the talks that were given.

Kristina Niccolls, Vice President of Finance on the SGU e-board, gave advice to students on how to request funding from the Senate. Niccolls said that there are three types of allocation requests: general club allocations, event allocations and conference allocations.

General Allocations are

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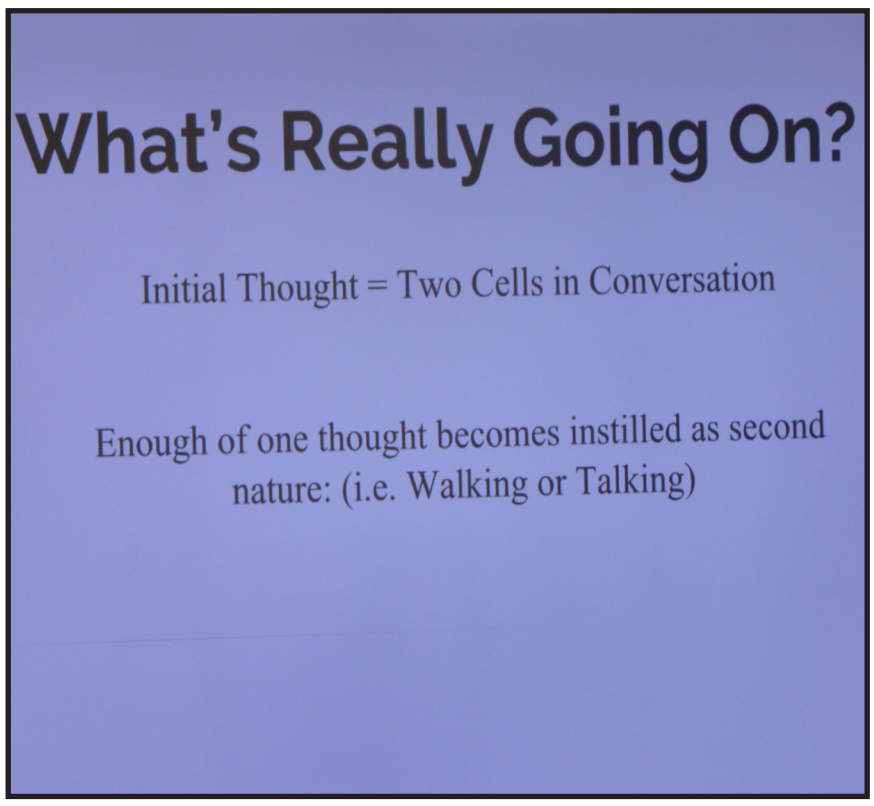


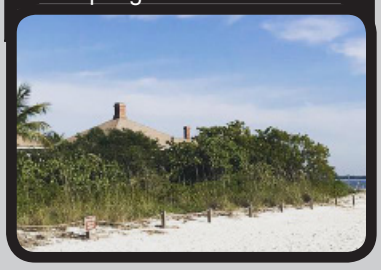
One of the slides Brittany Greene used,illustrated that we show that we can decide to repeat a thought or not.

Photo by: Kadyann Stupart

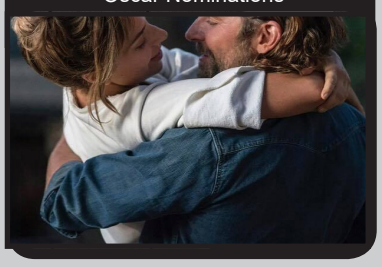
Inside This Week

Trade Wars

Spring Break Activities



Oscar Nominations



Track Preview

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National

U.S.-China Trade Wars

By Kendjana Adolphe
Contributing Writer

Photo taken from @CNN

U.S. President Donald Trump and Chinese President Xi Jinping agreed to halt new tariffs in December for 90 days.

As the world waited in anticipation for the US the U.S. increase the tariffs on Chinese goods once again, which was scheduled for March 1, President Donald Trump on Feb. 24 declared that he would delay this increase. Trump cited "productive" trade talks as the reason for this delay and mentioned that if both sides make additional progress he and Chinese President Xi Jinping would meet to seal a deal. However, this comes after Trump engaged in a "trade war" with China last year. How did the events of the "trade war" unfolded and what has been the impact of the economy as a result of these event?

After years of economic disputes between China and the U.S.A., the President of the United States, Donald Trump finally took a stand on the situation. On Sept. 17, 2018, in a statement released on the White House website, he declared that the U.S. is imposing tariffs on $200 billion of imports from China for its unfair trade practices towards the U.S., which brings the number of goods taxed to $250 billion for now. President Trump, taking advantage of America's economic strength and China's economic slowdown, scheduled a new wave of tariffs effective Sept. 24, 2018, starting from 10 percent and climbing to 25 percent Jan. 1, 2019. This comes after Trump imposed 25 percent tariffs on $50 billion worth of Chinese products in June 2018.

Trump also threatened to impose more tariffs worth an additional $267 billion on Chinese products if China retaliates against U.S. farmers or other industries. Trump explained his stance in the same statement issued Sept 17.

"For months, we have urged China to change these unfair practices, and give fair and reciprocal treatment to American companies," said Trump, according to the statement. "We have been very clear about the type of changes that need to be made, and we have given China every opportunity to treat us more fairly. But, so far, China has been unwilling to change its practices."

The trade tariffs are indeed aimed at pressuring China to change longstanding trade practices that President Trump said impact negatively the American businesses. According to Dr. Marco Rimanelli, professor of political sciences at Saint Leo University, these practices do not only consist of trade exchanges. After China turned economically capitalist, it developed predatory capitalist behaviors.

"China brought in companies from America and Europe to do business in China using the Chinese label and export around the world. They played with the currency by promoting their exports to America and tying the exchange rate of China's currency below the exchange rate of America," said Rimanelli.

On the other hand, the Chinese have been stealing technological information. He added that "China goes around the world and steals everything they can have a hold on through espionage." Dr. Rimanelli said that America recently got proof of the Chinese representing Huawei Technologies "trying to steal actual technology while visiting an American corporation including pieces of that technology."

Dr. Zachary Smith, professor of economics and finance at Saint Leo University also commented on this imposition of taxes and quotas on foreign goods, which he believes will have a negative impact. According to him, the U.S. should allow markets to determine who produces what, how they produce it, and for whom they produce it for.

"As the United States levies tariffs and imposes quotas on foreign goods, this increases the cost of those goods for citizens in the United States. In response to increases in tariffs, other countries are likely to impose restrictions on goods that we send overseas," said Smith. "In the end, restrictions on free trade typically make everyone worse off and lead to suboptimal global resource allocation. Further, when governments interfere in markets, they typically have to make choices about who is going to be helped by their policies and who are going to be harmed, which causes them to be influenced by winners and losers associated with their political agendas."

Another negative effect is retaliation. In fact, sometime after Trump's announcement on Sept. 17, China retaliated. In a brief statement, the Chinese Commerce Ministry posted online on Sept. 18: "to protect its legitimate rights and interests and order in international free trade; China is left with no choice but to retaliate simultaneously."

Therefore, China declared that it would place an additional five percent in duty on U.S. products such as smaller aircrafts, computers and textiles and an extra 10 percent on goods including chemicals, meat, wheat and wine.

For the past several months, starting in Sept. 2018, the presidents of China and the U.S. attempted to meet, but there were various canceled talks. However, during the G20 summit that took place in Dec. 2018, in Buenos Aires, Argentina, both presidents, Trump and Xi Jinping agreed to a temporary trade truce (90 days)—no additional tariffs after Jan. 1.

China's Foreign Minister said in a statement that the meeting was "very successful, the two sides proposed a series of constructive plans on how to properly resolve existing differences and problems." President Trump certainly feels positive as well.

"It's an incredible deal. It goes down if it happens, it goes down as one of the largest deals ever made," he said Dec. 1 as reported by the White House. "And it'll have an incredibly positive impact on farming, meaning agriculture, industrial products, computers — every type of product."

The cease-fire leaves American tariffs in place on $250 billion in Chinese goods. As agreed, the two countries have until March 1 to find a trade deal, which trump has extended. According to Rimanelli, if the two countries don't find a deal, the tariffs will be imposed fully for both countries, and on top of that, the Americans will impose another 25 percent in taxes.

However, Smith disagrees with imposing restrictions on foreign goods. He believes that "a better alternative would be to allow the markets to make their own choices through the pricing mechanism."

Photo taken from @realDonalTrump

Before Trump's presidency, Trump accused China of unfair trade practices.

Photo taken from @CNNPolitics

Republican Brad Sherman said, "We're now told that this is Trump's trade war. No, China declared a trade war on the United States 18 years ago."

Campus News

Ad Astra

2018. Hartfield noted that since that time, faculty and students have scheduled 1,500 events on campus ranging in type. According to Hartfield, if a room seems to be available, one should use the Ad Astra program to reserve a secured room on campus for the approved event.

Additionally, to minimize any unwanted errors, the program is integrated with The Student Information System to allow an impeccable flow of information while minimizing errors.

As it is a new program to the Saint Leo Community, Hartfield mentioned that they will be launching Ad Astra Schedule and Platinum Analytics, which aims to keep students on track with their progress moving towards graduation. This service of Ad Astra will leverage student degree audit information and anticipated enrollments to produce suggestions of courses offered each term. Additionally, it will give information on which courses are offered and how many sections of that course is available.

Likewise, this program also automates the room assignment process for academic sections. To make the process of booking a room easier, an algorithm is used to optimize space utilization, and it is applied to determine the best placement for meetings and events.

Hartfield acknowledged that because the program is new to the Saint Leo Community, it is their aim to precisely increase the knowledge of staff and students about the program. The AD Astra program can be accessed through Okta single sign-on. Users will have the same login account as their Saint Leo sign-in through Okta. On the homepage of Ad Astra, users can access tutorials and users guide to gain a general overview of how to maneuver through the program. The request form of Ad Astra is intuitive and not much instruction is needed.

Shantae Whyte, a junior, bio-med major on University Campus, explained that Ad Astra has been very useful to her when planning events. Whyte is a board member for clubs such as CSA and has the task of booking rooms for meetings. Whyte said that she is enthralled at the way the program is set up and how it gives a basic overview of what events are taking place on campus and room availability.

Similarly, Kali Thompson a senior, biology major, described the program as a useful tool when planning events. Thompson who is a board member for the SISTUHS INC on University Campus, says that she has found this program to be useful because she can gain access to rooms on campus at the time of 8:30 p.m., because it's more convenient for members of the chapter. However, Thompson added that guidance is needed when accessing Ad Astra for the first time, as you must follow through with the room scheduling via engage Leo.

Consequently, Hartfield stated that if one needs additional assistance with the program, they can contact UTS or email roomservices@saintleo.edu for further information.

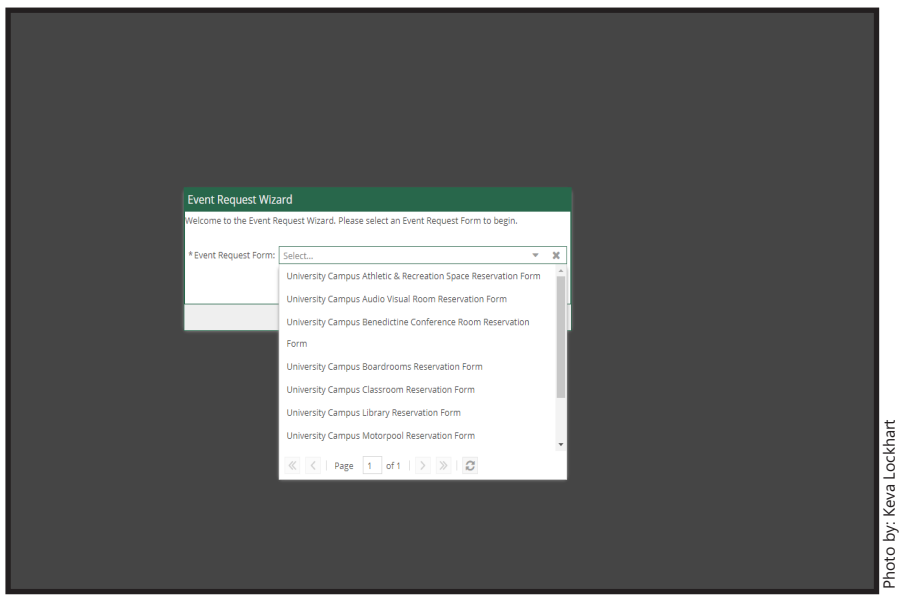

Photo by: Keva Lockhart

To minimize any unwanted errors, the program is integrated with The Student Information System to allow an impeccable flow of information while minimizing errors.

Inspiring

requests to use club funding. Every year, the SGU decides how much funding will be split amongst each club. This year, it was decided that every club gets two-hundred dollars to use. However, they must fill out a general allocation request to use any of this money. These requests must be submitted at least 10 business days (two weeks) in advance of when the money is planned to be spent. Niccolls wrote in her presentation that the easiest way to get your money approved is to request small amounts of money. You can make as many general allocation requests as you would like as long as you have remaining club funding.

Event allocations give students the ability to host on- or off-campus events for their community. The events must benefit and be accessible to the community outside of Saint Leo. These allocations must be submitted at least 20 business days (four weeks) before the event. You can make requests for as many events as you would like.

Conference allocations provide funding for conferences. However, it does not cover the entire cost of attending the conference. Niccolls wrote that SGU tends to cover only about 75 percent of the funding for a conference, and the club or organization must come up with the remaining 25 percent.

The allocation forms can be found on EngageLeo, Saint Leo's hub for all clubs and organizations. All allocation requests must include a budget saying exactly what the money will be spent on. The allocation must be approved by the Appropriations Committee in the Senate and by the Accounting Department. Niccolls says that this process can take a while.

Edson O'Neale, Director of Student Activities at Saint Leo University, gave advice on what could make or break students during their college experience. O'Neale recommends that the students should value more things than just money in their job search. He advises that, in addition to money, they should find careers that make them happy, positively impact other people's lives and make a difference. He also recommends that students try new things to see what things they like and what things they don't. O'Neale says that there are certain things that you'll never know if you like them or not unless you try them.

"That's what college is [all about]: having an open mind. You have to branch out. You have to try new things," said O'Neale.

O'Neale also discussed that people should not play the victim when they are faced with adversity. He says that you should always take responsibility for your actions, which will amaze others and set you apart from everyone else. Finally, O'Neale said that the habits you develop in college will help you outside of college.

"Good things take time. Be patient. Things will come eventually…and in being patient, that will help you be able to find your passion," said O'Neale.

Brittany Greene, a financial advisor and alumni of Saint Leo University, gave students advice on how to take a hold of their futures by changing their mindset. Greene said that students need to put their mind over their mood when trying to achieve their goals. She said that what we think about most becomes a priority in our lives, so if someone thinks positive thoughts, then those positive thoughts become important to our lives. She also said that the more often we think about something, the more importance it has.

"What you think is what you attract," said Greene.

Greene also stressed the need for a growth mindset, or a mindset that says people's abilities are not fixed, but rather, their abilities can change and improve. She compared a fixed mindset and a growth mindset to someone saying, "I'm broke now, so I'll always be broke" (which would be a fixed mindset) and someone saying, "I'm broke now, but that doesn't mean I will be broke forever" (which would be a growth mindset). Greene said that a direct consequence of the growth mindset is that you learn to love failure because it gives you an opportunity to learn and to grow.

For more photos of the presenters and students at the Leadership Conference, visit the Lions' Pride Media Group's Facebook page.

Michael Cadore spoke about professionalism in the workplace, while Rasheed Ali Cromwell presented the keynote at the start of the conference.

Photos by:Kadyann Stupart

The College of Arts and Sciences

Transformative Learning.
Transferable Skills.

Did you know that you can take courses in...

SPH 300ST: Public Speaking
TR 9:30-10:50, Dr. Marissa McLargin
This is not a speech writing class. This is a speech doing class. Whatever your major, whatever your career, you will probably have to speak in public at some point. This class is open to all majors and designed for students who are shy or inexperienced and know they need practice speaking in public, students who love to talk in front of a crowd but want to learn more tips and tricks, and students who simply need a 300-level elective. This course is hands-on experiential learning for students who need or want lots of practice with public speaking. Public speaking skills are critical in today's work place and in general society. In this course, students will discover the traits of a successful speech and speaker—as well as the skills necessary to communicate effectively in our culturally and professionally diverse world. We will study the principles of public speaking, including practice in the preparation and delivery of extemporaneous speeches. Primary attention will be given to the actual delivery of the speech, also referred to as the mechanics of public speaking. All speeches will be given as live presentations.

HUM 100ST: Pop Culture, the Bible, and Everyday Life
TR 11:00-12:20 OR TR 12:30-1:50 - Dr. Marissa McLargin
You might wonder how the Bible can be the best-selling book of all time when you find it too boring to read. Fun fact: The Bible is the reason politicians refer to America as "a city upon a hill," why Harry Potter is considered "a Christ figure," and why ESPN would consider a basketball game between Saint Leo and Duke "a real David vs. Goliath." No other collection of writing has influenced Western civilization more than the Judeo-Christian Bible. This course will introduce students to the Bible by examining its most famous stories in the context of their enduring cultural significance. Students will build fluency and cultural literacy regarding biblical characters, stories, themes, and genres. Students will also identify biblical themes and archetypes in current film, TV, music, and popular culture and explain their significance for modern audiences. No prerequisites. *Earn UE credit for Reflective and Spiritual Life*

ENG 319: Studies in Speculative Fiction
MWF 1:30-2:20 Dr. B. Lee Hobbs
Metahumans? Enhanced individuals? Supervillains? Alien Heroes? It seems that these fantastic archetypes, steeped in the traditions of ancient legend and WWII propaganda, now appear ubiquitously on the silver screen (and the small screen). Why is this particular genre, once relegated primarily to a kitschy subculture, now so very mainstream, and what might be its relevance? What do these imagined characters of extraordinary abilities tell us regular people, for example, about ourselves, our hopes, dreams, and deep-seated fears? In an attempt to answer these questions, students in this course will explore the intertextuality of this speculative fiction variety in mythology, psychology, history, popular culture, and other disciplines in both sequential art narratives (comic book media), cinematic texts (television and movies), and the contextual background of its creation. This is a terrific course for students already on the path of writing or drawing graphic novels, as we will examine the underlying processes of both, and anyone of any major just wishing to read and learn more about this exciting social phenomenon!

The College of Arts and Sciences

IDS 300ST: Exploring Digital Humanities
Dr. Elisabeth Aiken and Dr. Valerie Kasper
What do Trumps's tweets, Beyonce's lyrics, and a National Book Award winner have in common? Each contains hidden messages that you can uncover in IDS 300: Exploring Digital Humanities. Using data mining and topic modeling software, you can uncover secret messages hidden in any text! We'll begin the class by working on a common project related to the insurrection at Harper's Ferry in 1859, using journalism, speeches, and fiction. In the second half of the semester, you'll use the same digital tools to conduct your own project, related to the topic of your choosing: literature, history, religion, philosophy, art... the list is endless!

HTY/POL 300 ST: Making the American Empire
MWF 12:30 -1:20 - Dr. Daniel Dubois
The making of the American Empire has been a long-term and violent process. From the wars over mastery of the North American continent; the Union's defeat of a traitorous Confederacy; the invasion and occupation of the Philippines and Cuba; U.S. involvement in World War I; and, finally, America's victory over the Axis Powers during World War II: the United States was never timid in deploying its military, diplomatic, and economic resources to grow its power and remake the world in its image. This course explores America's path from a colony to a superpower, and gives students the historical context necessary to understand America's role in the world today.

HTY 423: The United States in the 20th Century
TR 12:30-1:50 - Dr. Dan DuBois
Prepare for a deep dive into some of the most critical moments that shaped the "American Century." In HTY 423, students will get a chance to read some of the most important books on 20th century U.S. history while debating the most pressing issues facing the country today. Students will learn about the Jim Crow era, the impact of the Great Depression and World War II on American capitalism, the culture wars of the 1960s, the political and foreign policy scandals of the 70s and 80s, and the emergence of an environmental justice movement at the turn of the 21st century.

HUM 215HM: Breaking the Code: Language, Culture, Communication
TR 12:30-1:50 or TR 3:30-5:00
Drs. Iona Sarieva & Marcela van Olphen
Breaking the Code, will introduce you to key linguistic theories about the role of language in constructing worldviews, cultural values, and social relationships. During this course, we will address topics related to the nature of human language – its structure and acquisition, as well as its biological and social dimensions. These topics will help you understand how language shapes us as human beings and affects the social and psychological processes we engage in daily. Pre-requisites: ENG 121

RUS 111: Russian I - Beginners
MWF - 11:30-12:20 p.m. - Dr. Iona Sarieva
Here are three good reasons to register for Russian I: (1) Russian on your resume will make a difference; (2) Russian is one of the top most used languages on the Internet; (3) This is a language and culture that will open a whole new world to you! In Russian I, you will master the Cyrillic alphabet and learn the grammar and vocabulary needed for basic conversations on a variety of topics. But it is not all about grammar and vocab. During the course, you will also explore Russian culture and traditions through interactive activities and movies.

HTY 428: Far Eastern History since WWII
TR 2:00 - 3:00pm - Dr. Jack McTague
Do you want to learn about the two fastest rising economic powers in the world--China and India? Then this is the course for you. We will trace their histories in the 20th century and explain how they have risen so fast since the 1980s to become major rivals of the U.S. on the world economic stage.

SCI 125sc: The Science of Cooking
TR 2:00-3:20 or MW 3:30-4:50 - Prof. Jaqueline Robbins
This course aims to introduce students to topics in biology and chemistry through an examination of the many facets of the science of cooking. Students will learn and use methods of scientific discovery / inquiry, as well as disciplinary methods of chemistry, biology, and physics, to better understand the molecular basis of and importance of science in food, nutrition and cooking. The class will include "labs" on ice cream and the role of different fats/flours in crafting the perfect cookie! No prerequisites. *Earn UE credit for Science in a Changing World*

MUS 331: Music in World Cultures
MWF 1:30-2:20 p.m. - Dr. Cynthia Selph
Music can provide a unique window into diverse cultures around the world. This course introduces students to traditions and transformations of music in global perspective, examining music that is representative of a variety of world cultures. We will explore everything from folk and classical genres to contemporary styles of world beat, jazz, popular and experimental music. Music in World Cultures is a great elective for students majoring in World Studies, International Hospitality, Multi-Media, History, Medical Humanities, and many others. It also fulfills one of the required music electives for the music minor

BIO-430 Biotechnology
MWF 11:30-12:20pm -
BIO-430L Biotechnology Lab 2:30-5:20pm
Dr Iain Duffy
Biotechnology is the use of cellular and living processes to benefit humans and the planet. In the lecture class students will learn about the use of cloning, and other biotechnology processes, to produce biofuels, new drugs, genetically modified foods, transgenic animals, etc. We will also discuss the ethics behind the use of these methods. In the laboratory class students will develop skills that would be extremely useful for their postgraduate careers. Those include cloning, gene expression and analysis, and human cell culture. Students will also be introduced to bioinformatics, as part of the national GEP program. This may lead to potential publications. Pre-requisites are CHE-124 and CHE-124L plus a C- or better in BIO-125, BIO-125L, BIO-126 and BIO-126L.

LBS 120HM Stories of Resistance: Power and Identity in the U.S.
MWF 10:30-11:20 - Dr. Allyson Marino or TR - Dr. Elisabeth Aiken
Can stories change the world? What is the purpose of storytelling, in all its forms? Do stories have the power to affect identity and awareness? Can stories shape who we are as people and as cultures? And, most importantly for this course, how have stories worked to change our world? Stories of resistance are at the core of our collective and individual cultural identities. To answer these questions, we will examine a variety of experiences of individuals, communities, and movements that challenge various institutions of power and assert an independent identity. We will focus on four themes: gender and sexuality, race and ethnicity, place and the environment, and military conflicts.

POL 339 Readings in Political Science
TR 3:30 - 4:20pm - Dr. Hudson Reynolds
What really matters in public life? What are political scientists thinking about right this minute? Is democracy taking a thrashing at the hands of authoritarian regimes and nationalist-populist movements? Does geography determine destiny? What is American's true place within the coming World Order? What will happen to us politically when we face the next great economic downturn? Join our book club and find out. Read, consider, and share contemporary writings on politics in discussion with your fellow students. Few lectures, no tests, four short papers – lots of informed conversation!

IDS 115HM, The Imagined West: Myth of the American West in Art, Literature, and Philosophy
TR 12:30-1:50 Drs. Elisabeth Aiken, Karen Hannel, & Tim Jussaume
What does the Marlboro Man have to do with rock climbing in Yosemite National Park? How has playing cowboys and Indians shaped the way we understand the American West? What is so alluring about the Western frontier, and how has it shaped American identity? This course will answer these questions and more through an exploration of the myth of the American West in art and literature. We'll consider how these big ideas have shaped our understanding and use of resources and consider questions of public land usage and ownership. We'll use a variety of lenses to explore different perspectives on the West and consider the ongoing effects as it continues to loom large in our American identity.

HON 101 Honors Apprenticeship
Arranged with your mentor; Jacci White and individual faculty mentor
A 1 credit hour course where you work one on one with a professor, helping with a current project or event. If you are interested in an Honors apprenticeship opportunity, please contact the instructor to talk about creating an experience as well as to confirm that your schedules will work to accommodate the weekly meetings. Once you have confirmed the position, contact - Dr. Jacci White at Jacci.white@saintleo.edu or 352-588-8338 to have her enroll you into HON 101 for this term. A list of pre-arranged opportunities is also available upon request.

Arts & Entertainment

Ariana Takes Over 2019

By Peter Bialkowski
Contributing writer

Pop music in 2019 has been dropping by the second, and Ariana Grande is no different. After a terrorist bombing at one of the concerts, getting engaged and breaking up and losing someone she loves to a drug overdose all in a year the singer-songwriter was able to pick herself back up countless times and continued to make music.

"Thank U, Next" is Grande's fifth studio album. It came out just six months after "Sweetener." An unexpected album, "Thank U, Next" was written in the span of a week by Grande and her group of friends such as Victoria Monét, Tayla Parx, and more. Both albums became #1 almost immediately with "Thank U, Next" reaching #1 on iTunes in no more than five minutes. The album celebrates emotional growth and healing throughout all of Grande's hardships. Addressing her relationships in the album's title track, Ariana makes it clear she is thankful for her past relationships because they each taught her something important.

Grande released the title track as single, followed by singles "Imagine," "7 Rings," and "break up with ur girlfriend, i'm bored." All were extremely successful and altogether have over half a billion views on YouTube, and still counting. While "Imagine" and "Thank U, Next" are emotional and address Ariana's ex-relationships, "7 Rings" and "break up with ur girlfriend, i'm bored" are fun pop songs that relieve the others from their darker meanings. Grande even told Billboard "Thank U, Next" would be all "feminine energy and champagne and music and laughter and crying." The track list goes back and forth between deep relationship needs to want it all. A very sexual album, many songs are about Grande needing physical pleasure, while staying emotional at the same time.

Some songs that stick out as on the album as fun dance songs are "Bloodline" and "Make Up," about wanting to have fun sexually but not commit in a relationship, and the other entails playing with a relationship to get what you want. Not very meaningful, Grande wanted some fun songs that she could sing to. Fun fact: the beginning of "Bloodline" is Ariana's nona, stating she is not satisfied with the hearing aid any doctor gives her.

On the other hand, most of the songs are extremely emotional, and often have sad undertones. "Needy" and "NASA" together are about being 'needy' in a relationship, while the next referring to wanting space in a relationship. The two are in a row on the album, creating an interesting contrast. However, the most meaningful tracks on the album without a doubt are "Ghostin" and "Fake Smile." Always in the spotlight, Grande has always felt the need to be happy and put on a performance, even when she is not feeling it. Understandably, she needed time to breathe after all of her tragic life events, and "Fake Smile" addresses how she no longer wants to fake being happy any longer but wants to be it truly.

Ariana may not ever sing "Ghostin" live. The song is about grieving the death of her ex-boyfriend and fellow performer Mac Miller while dating her fiancé Pete Davidson from SNL. It became an immediate favorite to fans because of its heartbreaking honesty. Grande responded to a fan on twitter about performing the song on the "Sweetener" tour starting March, "if i can get thru it yea, but right now it's not on the set list." She explained, "i jus want to have a good time with y'all and like .... make it thru the show lol. love u sm. thank u for showing this song so much love. it means a great deal."

Overall, "Thank U, Next" was a smashing success, having 3 of 4 singles filling the top 3 spots on the Billboard top 200. She begins her world tour on March 18, performing songs from her two new albums, as well as some old favorites. If you enjoy powerful but smooth vocals, and both fun but meaningful songs, "Thank U, Next" is one to listen to.

Photo by @arianagrande

"7 Rings," "Break Up With Your Girlfriend, I"m Bored," and "Thank U, Next," three singles on the album, are the top 3 songs on the Billboard Top 100.

Photo by @Instyle

Mac Miller, who has passed away, is the inspiration of the song "Ghostin." This song is a fan favorite, but Ariana says she may never be able to.

Photo by @arianagrande

2018 was a tough year for Ariana Grande. Going through a lot, she used this to make the album "Thank U, Next" proving 2019 will be her year.

Photo by Wikimedia Commons

Ariana Grande's signature.

Lifestyle

Things To Do For Spring Break

By Jade Bastian
Contributing Writer

In just a week, the nine-day vacation we have all been waiting on will finally be here!

Spring break is one of the best breaks that students greatly anticipate. It is either a time to rest or to party, there is no in between.

For students staying on campus, this article suggests the top three activities to partake in if you are unsure about what to do.

Starting at No. 1, go to the beach!

According to vacationidea.com, Sanibel Island, Jacksonville, Daytona Beach, Clearwater Beach and Fort De Soto are just a few of the 25 best beaches to visit during spring break. If they are more than an hour away, gather some friends or family and take a road trip!

Second on the list, check out some new films.

During the break, the following featured films will be released at the AMC Highwoods 20 movie theatre:

"Greta" (Drama): A new friend discovers that Greta's life is not what it seems. Releases March 1.

"Tyler Perry's A Madea Family Funeral" (Comedy): A joyous family reunion becomes a hilarious nightmare. Releases March 1.

"Captain Marvel" Opening Night Fan Event: If you are a huge fan, you could be one of the first to see Marvel Studios' "Captain Marvel" Thursday, March 6 at the Opening Night Fan Event. Fans will get to view the film one hour early, be treated to exclusive content, receive a collectible coin and be given a special event-only concession offer. The event starts at 6 p.m.

Photo credit: @StLeoWorldWide

Students get $20 off two-day passes at the Gasparilla Music Festival that will be held March 9 to March 10.

Photo credit: @FtMyersSanibel

Ranked No. 1 by VacationIdeas, Sanibel Island is located two hours and 49 minutes away off the Southwest coast of Florida.

"Captain Marvel" (Action): Set in the 1990s, the film follows the journey of Carol Danvers as she becomes one of the universe's most powerful heroes.

Releases March 8.

"Wonder Park" (Animation): A park needs saving, and only June's imagination can bring it back to life. Releases March 15.

"Captive State" (Suspense): Set in a Chicago neighborhood, the film explores the lives of the collaborators and the dissidents. Releases March 15.

As an alternative to the movies, you can also unwind and binge-watch new T.V. series.

Thirdly, attend some events.

On March 9, starting at 9 a.m. to 4 p.m., the 109th Founders Day Parade & Heritage Festival will be going on in the Zephyrhills Area.

Next, the Gasparilla Music Festival returns March 9 at 11 a.m. to March 10 at 8 p.m. and features over 40 bands across five stages along Tampa's waterfront. It will be held at the Curtis Hixon Waterfront Park, and tickets are on sale on the Eventbrite app.

Moreover, at the Amalie Arena, there will be two concerts. On March 14, there will be a 98ROCKFEST concert starting at 5 p.m., and March 17, there will be a Travis Scott concert starting at 7:30 p.m.

Lastly, for anyone feeling a bit adventurous or bored of the same old activities, you can visit one of the top spring break destinations.

According to travel.usnews.com, Cancun, Miami Beach, South Padre Island, The Bahamas, Cabo San Lucas, Puerto Vallarta, Puerto Rico, Punta Cana, Jamaica or Panama City Beach are the top 10 places to visit.

Spring Break is always the perfect time to have loads of fun, but always be smart, be cautious and stay safe; it is only one week!

The Lions' Pride Weekly Word Search

Have a Good Break!

www.AtoZTeacherStuff.com

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INTEGRITY
RESPONSIBLE
STEWARDSHIP
FRITZ
EXCELLENCE
COMMUNITY
RESPECT
PERSONAL
DEVELOPMENT
KIRK
LEWIS
EDWARDS
FAB
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SCC

Sports

Men's and Women's Track Preview

By Aoife Mahony
Contributing Writer

Photo credit: @saintleoxctrack

Despite a few departures from the 2018 Cross Country season, the same rosters will maintain intact when the men's and women's track season starts March 1. with the UT Track Invitational.

Kent Reiber, head coach for track and cross country, mentioned he was driving a van full of athletes back from a trip from Tindel after a Sunday practice long run and one of the student-athletes asked, "What do you do outside of practice?" And he thought, "I don't do much other than this."

Reiber said he believes the student-athletes can help push you, and likewise, you can push them to do better and do the same thing. Reiber, who is originally from Cleveland, Ohio, said some of his favorite things about Saint Leo are the campus, his team, the sense of community and of course that it is a beautiful place to run.

"When you do something you love every day, it doesn't feel like a job," he said.

The cross country/track team spends a lot of time together. Athletes wake up at 5:15 a.m. Practice location varies, but the soccer field as of right now is where the team meets six times a week. They even have their own mascot; Reiber refers to his dog, Guinness, who stills acts like a puppy.

"If anyone broke into my house they could only expect to get licked," he said. "I am sure I will be taking Guinness out to practice, maybe for a long run or two."

New assistant middle to long distance coach, Zach Hall, who ran for Florida Southern College, a rival school, during his collegiate years openly admitted: "We all bonded faster than I had imagined and I can honestly say the team and staff were very welcoming."

As the new season approaches, the first meet will be held at the University of Tampa, March 1. As the first competition looms, the team will begin to taper off their practice sessions and mileage. Right now, the average mileage the men are covering is up to 60 to 70 miles per week, and the women are covering 40 to 50 miles per week.

The main focus right now has been keeping the routine and balance consistent internally at practice and externally outside of practice by eating, sleeping and resting well. Progression and consistency like this are what they think they will need to do to accomplish qualifying for Nationals in Texas from May 23-25.

According to Cierra White, the assistant sprinting coach "persistency with strong work is key." White was an experienced athlete; she held the national record for women's Division II, 200 meters. Last year, White attended the cross country meets and admitted it was actually a lot of fun.

"Everyone is fun to be around," she said.

Hall, who started in Fall 2018, said it is refreshing to be with the team.

"The track men didn't have a choice but to accept me, so when I joined mid-cross country season we hit the ground running and the team responded very well," he said.

The expectations for the overall team is "personal records" (PRs), but a lot of events the men are not used to running, so Hall is excited to see what they can do on his first college track assistant coaching year. He is confident the team is aiming to do everything in their power to succeed.

Coach Rick Jones, who has been working with the Saint Leo cross country team for seven years, agreed.

"It has been great to be part of a team, including the long trips," he said.

The main goal for the track team in 2019 is for everyone to excel and smash their personal records in their designed disciplines, and it would be nice to see some athletes make it to nationals.

"For cross country regionals last semester, we knew it was going to be close," Reiber said. "The men's team was probably the closest it has ever been so that was the highlight for Saint Leo."

The women were 24 points off qualifying, but he thinks the way he ended it was the best he can do, especially being the fourth time in a row for women and the fifth by the men for making nationals.

"Sometimes other people are going to run better than you on any given day," he said.

Photo credit: @coachreiber

Many of the current track team members traveled up the east coast to particpate at the Paul Short Run in Bethlehem, Pennsylvania and visited New York City after the event.

Photo credit: saintleolions.com

Coach Kent Reiber said, "When you do something you love every day, it doesn't feel like a job."

Upcoming Games
Week Ending
3/1/19 - 3/7/19

Men's Basketball
3/2- at Barry 4 p.m.

Women's Basketball
3/2- at Barry 2 p.m.

Men's LAX
3/2- vs Georgian Court 1 p.m.
3/7- vs Assumption 7 p.m.

Women's LAX
3/1-at Mount Olive 12 p.m.
3/2-at Edinboro 4 p.m.
3/6-vs Seton Hill 7 p.m.

Baseball
3/1- at Barry 6 p.m.
3/2- at Barry 1 & 4 p.m.

Softball
3/1- at Florida Tech 2 p.m.
3/2-at Florida Tech
12 & 2 p.m.

Women's Beach Volleyball
3/1 and 3/2- UNF Invitational

Men's and Women's Track
3/1- UT Track Invitational

For more team schedules vist: saintleolions.com